

BASKETBALL Forest Hill / Hickory / Churchville (combined program)**In-person Registration**

Wednesday, September 9, 2015 - 6pm - 8:30pm Forest Hill / Hickory Activities Center

Saturday, September 12, 2015 - 10am - 3pm Forest Lakes Elementary Recreation Room

On-line Registration

Go to the website at www.foresthillrec.com, click on basketball link and follow the instructions for on-line registration. The on-line registration ends September 19, 2015. Age group determinations are based on a September 1, 2015 birthdate. Example: (A) Participants birthday 7/25/2003 they are considered 12 years old. (B) Participants birthday 11/18/2003 they are considered 11 years old.

Age Group information	Location	Cost	Misc.
5 & 6 Girls / 5 Boys Coed Clinic	Churchville Elem School	\$75	Saturday only Dec-Feb
6/7 Boys Instructional	Fountain Green / Hickory Elem	\$75	Weeknight practice / Sat games
8 Boys League	Fountain Green Elementary	\$95	Weeknight practice / Sat games
9/10 Boys League	Forest Hill Elementary	\$95	Weeknight practice / Sat games
11/12 Boys League	Churchville Rec Center	\$95	Weeknight practice / Sat games
*13/14 Boys League	CM Wright / Harford Tech High	\$95	Weeknight practice / Sat games
*15/18 Boys League (in high school)	CM Wright / Harford Tech	\$95	Saturday games only
7/8 Girls Instructional	Hickory Elementary	\$75	Weeknight practice / Sat games
9/10 Girls League	Forest Lakes Elementary	\$95	Weeknight practice / Sat games
11/12 Girls League	Prospect Mill Elementary	\$95	Weeknight practice / Sat games
*13/16 Girls League	CM Wright / Harford Tech	\$95	Weeknight practice / Sat games

(*If trying out for high school, please register NOW we can refund the money if they make high school)

Evaluations late Sept-mid Oct / practices start 1st week Nov / games start 1st Sat Dec – early March. All

evaluation information on the website at www.foresthillrec.com**Travel information (Please go to the website under Basketball – Travel for evaluation information)**

Boys offer travel tryouts and teams for the following age groups: 7/8, 9, 10, 11, 12, 13/14

Girls offer travel tryouts and teams for the following age groups: 9, 10, 11, 12, 13/14

* Boys and girls 12 and 13/14 travel team players will have the OPTION as to whether or not they want to play in the rec league. These travel teams will be provided two nights practice per week and will play in two leagues.

However all players must register for the rec program to try out for travel regardless of age.

Questions or comments please email:

Trent Thames –Boys director - trentbasketball@verizon.net Don Yudiski – Girls director - DYudiski@comcast.net**YOUTH DANCE**

Forest Hill Dance has a variety of classes for dancers ages 3 and up. We offer Ballet, Tap, Jazz, Hip Hop & Musical Theatre. Classes are held at the Forest Hill/Hickory Activities Center, 2213 Commerce Dr. in Forest Hill. Dancers are placed in a dance group based on their age as of 9/1/15. Ballet is a required class while the others are additional options. To see what is available for your child, simply email or call

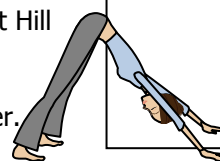
me for details. Registration information can be emailed or mailed to you. Classes begin the week of 9/8 & will culminate with our recital in the spring. Info is found on our website: <http://www.foresthillrec.com/program.php?programID=65>. Be sure to read our Introduction. If you have any questions, contact Pam Long, Mypal06@verizon.net or 410-836-5257.

WOMENS' FITNESS**Ladies' Strength Training Class:** Tues./Thurs., 9:30-10:30am at Forest Hill/Hickory Activities Center, Annex Room.8 week session: 9/1/15-10/22/15. \$7/per class or \$5/per class with registration. Barbells are provided, bring water and mat. Info: Sherri Woosley, sherri.woosley@verizon.net. (certified personal trainer)**Zumba:** Saturdays, 9:30-10:30am at Forest Hill/Hickory Activities Center Studio B. September 26, 2015 - December 19, 2015. Fee: \$50. Registration 9:15am September 26/late registration October 3. Info: Linda at 410-838-1345.

For safety reasons, children will not be allowed at the program at any time.

INDOOR SOCCER (Boys & Girls)**Ages:** 5-6 Co-ed; 7-8, 9-10, 11-12, 13-14, & 15-17 Boys/Girls Age determination date is Aug. 1st for all age groups except 5-6 Co-ed - child **must** be 5 yrs. old by Dec. 1st. No exceptions.**Cost:** \$60/per child for age groups 5-6 through 11-12, \$75/per child for age groups 13-14 and 15-17.**Family discount:** First 2 children in family pay regular price, additional children receive a \$20 discount.**Registration:** Begins online Friday, September 11, 2015. Space is limited & age groups are filled on a first come basis. Once age groups are filled, players will be added to a wait list.Check the **Indoor Soccer** tab at www.hfgrec.org for more details and the link to registration.Participants will play only **one day** a week at either the Forest Hill/Hickory Activities Center or the Harford Sports Performance Center. Play begins in late November/early December 2015 and runs through mid-March 2016.**Only individual sign-ups; no team sign-ups.** Coach volunteers are needed.**YOGA****Monday morning** – Session: 8/31–11/16, 9:30-10:45am.**Wednesday morning** – Session: 9/2–11/18, 9:30-10:45am.**Friday Morning** – Session: 9/4 – 11/20, 9:30-10:45am.**Location:** Forest Hill/Hickory Activity Center, 2213 Commerce Rd, Forest Hill**Wednesday evening** – Session: 9/2–11/18, 6:30-7:45pm.**Location:** Forest Lakes Elementary School Recreation Room.

Sherri Woosley, a certified yoga instructor. Bring your own mat & water.

Registration form is found on the website: www.foresthillrec.com.**Age:** over 18

Cost: \$90/1 class per 12 week session
\$150/2 classes per 12 wk session
\$180/unlimited classes in session
Drop-ins are \$10/class.

Email questions to:

sherri.woosley@verizon.net

Register 15 min. prior to first class or, in advance by mailing completed registration form & check made payable to **FHRC**
Mail to: Sherri Woosley, 120 Bower Lane, Forest Hill, MD 21050

GIRLS LACROSSE:

Registration: ONLINE REGISTRATION ONLY Starting in October. <http://www.hfglacrosse.com>

Ages: Pre-K – 8th Grade

Season: Lacrosse is an outdoor 2016 spring program registering in the fall of 2015. The season starts in February and concludes early June.

Teams: Registration is limited due to the number of coaches and players needed per team.

Try-Outs: Teams for those in grades 4th – 8th are formed based on try-outs. We encourage everyone to sign up with and without experience.

Skills and Drills: Offered as an add-on for those in the 2nd – 8th grade. Additional fees apply for the skills and drills sessions.

Practices: Held at one of the following fields, Friends Park, Prospect Park, Cedar Lane or CMW High School.

Volunteers needed: Coaches, assistant coaches, program administration...etc. Please volunteer your time.

For more information please contact: Andy Baldwin hfglacrosse@outlook.com or www.hfglacrosse.com



WRESTLING:

Registration: Monday, September 14, 2015 7-9pm Cost: \$70 5-7 yr. old
Wednesday, September 16, 2015 5:30-9pm \$80 8-14 yr. old
Tuesday, September 22, 2015 6:45-8:45pm \$100 Uniform Deposit (refundable)

Wrestlers ages 5-14. October-February. Instructional program that provides training for new and advanced wrestlers; includes matches and tournaments. Meetings, registration, practices and home team events held at Forest Hill/Hickory Activities Center; 2213 Commerce Road. If you can't sign up on one of the above dates, please contact Ken ASAP to make arrangements to register. Sign-ups after Sept. 22nd will be on a case by case basis and will have a delay in issuing warm ups and uniforms. The registration form and additional information is available at www.hfgcolts.com. Point of contact is Ken Thier at 443-243-0878 or email: coachkct@verizon.net. Assistant Coaches are needed, please contact Ken if interested.

YOUTH TENNIS (5-15 year olds) - This Fall - Using The Quick Start Format!



Class	Day	Time	Dates	# weeks	Student/Pro Ratio	Cost
5 & 6 yrs	Tuesdays	4:30-5:15 pm	9/8, 9/15 ,9/22, 9/29, 10/6	5	6 to 1	\$50
7 & 8 yrs	Tuesdays	5:15-6pm	9/8, 9/15 ,9/22, 9/29, 10/6	5	6 to 1	\$50
9-11 yrs	Thursdays	5-6 pm	9/10, 9/17, 9/24, 10/1, 10/8	5	6 to 1	\$57
12-15 yrs	Mondays	5-6pm	9/14, 9/21, 9/28, 10/5	4	6 to 1	\$46

Space is limited – Child must register in proper age group unless approved by Lori

Quick Start arranges kids by age group, letting them have more fun while learning and developing tennis skills. This program uses a combination of smaller court sizes, nets, rackets, & lighter & slower balls. Regulation tennis court & balls used for 9-15 year olds. Registration fees are not refundable unless class size is not met (minimum of 3). *Tennis shoes required. *Bring water bottle. *Rackets provided or provide own child size racquet.

ADULT TENNIS CLINICS for Beginners and Advanced Beginners for this Fall!

Beginner Adult Tennis Clinics – Players who have had little or no prior instruction.

An introduction or review to the fundamentals – forehand, backhand, serve, and rules of game.

Beginner Weekday & Evening Clinics: *Tuesdays, 10-11am: 9/8, 9/15, 9/22, 9/29, 10/6 - Rain make-up day 10/13

*Thursdays, 6-7pm: 9/10, 9/17, 9/24, 10/1, 10/8 – Rain make-up 10/15 \$57/5wks

Advanced/ Beginner Adult Tennis Clinics – Players who have taken previous lessons, and can also hit and serve from the baseline, and sustain a few hit rally. Drills with emphasis on strokes, serve, overhead, volleys, and doubles.

Advanced/Beginner Wkday & Evening Clinics: *Tues. 9-10am: 9/8, 9/15, 9/22, 9/29, 10/6 Rain make-up day 10/13 \$57/5wks

*Tues. 6-7pm: 9/8, 9/15, 9/22, 9/29, 10/6 Rain make-up day 10/13 \$57/5wks

Both programs are held at the Forest Hill Recreation Complex Tennis Courts. Information & to register for adult or youth tennis go to: www.foresthillrec.com or Contact Lori Phillips (USPTR certified) 443-299-6606, e-mail lp4tennis@gmail.com



MARTIAL ARTS

Tuesdays & Thursdays, at Forest Lakes Elementary School, 5:30-6:30pm Cost: \$20/month
Ages: 7 & up. Begin September 2014. Space is limited. Info: John 443-417-7664

START SMART

The National Alliance for Youth Sports and Harford County Department of Parks and Recreation present Start Smart - an instructional program that helps parents work one-on-one with their children while teaching them a variety of skills. The program focuses on teaching children and their parents basic sport mechanics without the threat of competition or the fear of getting hurt. This program promotes Fun, Family and Friends. Come out and enjoy time with your child. NAYS Chapter #3690.

Soccer Ages 3-5; \$40	Football Ages 3-5; \$40	Sports Development Age 3-5; \$40
Day: Thursdays Time: 10-11am Dates: 8/27/15-10/1/15 Location: Forest Hill/Hickory Activities Ctr 2213 Commerce Rd, Forest Hill, MD 21050	Day: Thursdays Time: 10-11am Dates: 10/8/15-11/12/15 Location: Forest Hill/Hickory Activities Ctr 2213 Commerce Rd, Forest Hill, MD 21050	Day: Thursdays Time: 2-3pm Dates: 10/8/15-11/12/15 Location: Emmorton Rec & Tennis Ctr 2213 Old Emmorton Rd., Bel Air, MD 21015



PRE-SCHOOL PROGRAMS

Back to School: September 14, 21, & 28, 2015; 10-11:30am; Mondays; Fee: \$30/all 3 classes

Recess: August 27-October 1 2015; 2-3pm; Thursdays, Fee: \$30/6 classes

Fall Festivities:	Class: Leaves, Leaves Everywhere; 10/5/15; 10-11:30am; Fee: \$7
All 4: \$35 (Group C)	Class: Can You Scare a Scarecrow?; 10/12/15; 10-11:30am; Fee: \$12
	Class: Pumpkin Party; 10/19/15; 10-11:30am; Fee: \$10
	Class: Costume Party; 10/26/15; 10-11:30am; Fee: \$10
Let's Be Thankful:	Class: Thanksgiving Madness; 11/9/15; 10-11:30am; Fee \$10
Both: \$17 (Group B)	Class: Thanksgiving Dinner; 11/23/15; 10-11:30am; Fee: \$10
Santa's Workshop:	Class: Made with My Little Hands; 12/2/15; 10am-12pm; Fee: \$10
All 3: \$30 (Group A)	Class: Gingerbread House; 12/16/15; 10-11:30am; Fee: \$12
	Class: For Your Tree; 12/23/15; 10-11:30am; Fee: \$10

Recess is held at Churchville Recreation Center, 111 Glenville Rd, Churchville, MD; all other classes are held at Forest Hill/Hickory Activities Center, 2213 Commerce Road, Forest Hill, MD. Registration: 8/26/15; 10am-12pm at the Forest Hill/Hickory Activities Center. After that, registration will be taken by mail if space is available. Recess & Back to School are per session only; the rest can be registered per class or per session. For more information, call 410-638-3616.

Therapeutic Recreation: In compliance with the ADA, Harford County is expanding its programming for individuals with disabilities. If you need any reasonable accommodation, or feel the need for a specialized recreation program, call Mike Watkins at 638-4899.

HARFORD COUNTY DEPARTMENT OF PARKS AND RECREATION

Website: www.harfordcountymd.gov/parks_rec or email: fhctr@harfordcountymd.gov Forest Hill/Hickory Activities Center, 410-638-3616